**Welcome Packet - Rule of Life for Freedom in Christ:**

1. Strive to live a Sacramental Life (if Catholic) –
   * Frequent Mass- at least on Sundays and all holy days of obligation. Never receiving communion after missing Mass without first going to confession.
   * Frequent confession- as often as needed, at least once a month.
2. Pray the daily “Auxilium Christianorum” prayers – preferably first thing in the morning & with your family members.
   * The prayers can be found here: <http://auxiliumchristianorum.org/prayers/>
3. We recommend any or all of the following prayers, as one is able:
   * Adoration before the Blessed Sacrament.
     1. <http://www.usccb.org/prayer-and-worship/prayers-and-devotions/eucharistic-devotion/index.cfm>

* Rosary, Divine Mercy Chaplet, Stations of the Cross.

i. <https://www.catholicexorcism.org/for-the-laity>

* + Half hour of Reading Holy Scripture.
    1. <http://www.usccb.org/prayer-and-worship/prayers-and-devotions/meditations/index.cfm>
  + Angelus, Adoro Te Devote, Examen.

i. <https://www.catholicexorcism.org/for-the-laity>

1. Many other helpful deliverance prayers for the laity can be found here: [Catholic Exorcism (Google Play)](https://play.google.com/store/apps/details?id=com.kreagerconsulting.cathex&hl=en_US) or [Catholic Exorcism (iPhone)](https://apps.apple.com/us/app/catholic-exorcism/id1486636922)
2. Regular social interaction with lay peers is strongly recommended. Getting involved in Church groups can significantly help to fight the ongoing isolation associated with spiritual affliction.
3. A course of “Unbound Ministry” may be deemed necessary.
4. Some form of counseling and/or psychotherapy may be required.
5. Regular spiritual direction where applicable & available.
6. The priest exorcists may determine that additional psychological and/or spiritual healing is required before implementing, or during regular exorcism/deliverance prayer sessions.